



CANNING MOOSE & CARIBOU

FNH-00226

Canning moose and caribou meat has some real advantages; the tough cuts of meat are tenderized by the canning process. Meals can be ready in minutes using canned meat and serving it over rice, adding barbecue sauce and serving it on a bun, or using it to make a quick stew by adding canned vegetables.

PREPARE THE MEAT AND JARS

Choose high quality meat. Trim meat of gristle, bruised spots and fat before canning. Cut meat into 1 inch (2.5 cm) wide strips, cubes or chunks.

Hot Pack - Pre-cook or brown meat to the rare stage, by roasting, stewing or browning in a small amount of fat. Pack hot meat loosely into hot jars, leaving 1 inch (2.5 cm) headspace. Add $\frac{1}{2}$ t (2 mL) salt to pints; 1 t (5 mL) to quarts, if desired. Fill jar to 1 inch from top with boiling meat juices, broth, water or tomato juice (especially for wild game). Remove air bubbles by running a plastic or rubber knife-like utensil around the edges of the jar, gently shifting the food so that any trapped air is released. Wipe jar rims. Adjust lids and process as directed below.

Raw Pack - Add $\frac{1}{2}$ t (2 mL) salt to each pint jar; 1 t (5 mL) to quart jars, if desired. Pack raw meat in hot jars, leaving 1 inch (2.5 cm) headspace. Do not add liquid. Wipe jar rims. Adjust lids and process as directed below.

***You must use a PRESSURE
CANNER to can meat.***

PREPARE THE CANNER

Put 2 to 3 inches (5 to 7.5 cm) of water in the bottom of the pressure canner. Heat until the water is the same temperature as the jars so the jars will not break.

PROCESS THE JARS

Put the jars on a rack in the bottom of the canner. Put the canner lid on and fasten securely. Let the steam come through the vent hole or open petcock for at least 10 minutes. Close the vent or petcock. After the pressure reaches 11 pounds (77 kPa) on a dial gauge canner or the 10 pound (70 kPa) weight begins to jiggle or rock on a weighted gauge canner, start timing. Regulate heat to maintain a steady pressure. If you have a weighted gauge canner, check canner manual to determine the amount of jiggling or rocking necessary for 10 pounds (70 kPa) pressure.

Pints should be processed for **75 minutes** and **quarts** for **90 minutes** at **10 pounds** of pressure in a weighted gauge canner or **11 pounds** of pressure in a dial gauge canner (70 kPa and 77 kPa).*

**Note: If the game meat is canned at an altitude greater than 1,000 feet (305 m) above sea level, these times/pressures may be insufficient. In this case weighted gauge canners should be*

processed at 15 pounds of pressure. Consult your local extension agent for recommended times/pressures for dial gauge canners.

After the processing time is up, turn off the heat and let the pressure go down to zero. Then remove the weight from the vent port or open the petcock. Wait 2 minutes, and remove the pressure canner lid, tilting the far side of the lid up so that the steam does not go in your face.

TEST THE SEAL

Take the jars out of the canner using tongs or a jar lifter. Place on a towel or wood surface. Cool the jars at room temperature.

As the jars cool, they will seal. Test the seal after the jars have cooled for 12 hours. Test the seal by tapping the jar lids with a metal spoon. A ringing metal sound is caused by a vacuum inside the jar. The center of the lid should be pulled down. It should not move when pressed with a finger.

If a jar is not sealed, refrigerate and use the meat within one week. Or, you may freeze for future use if you adjust headspace to 1½ inches (3.8 cm). Meat may also be reprocessed using a new lid. First, check the jar sealing surface for tiny nicks. If a nick is found, use a new jar as well as a new lid.

Recommended process time for Strips, Cubes or Chunks of Meat in a DIAL-GAUGE pressure canner

Style of Pack	Jar Size	Process Time	Canner Gauge pressure (PSI) at Altitudes of			
			0-2,000 ft	2,001-4,000 ft	4,001-6,000 ft	6,001-8,000 ft
Hot and Raw	Pints	75 min	11 lb	12 lb	13 lb	14 lb
	Quarts	90 min	11 lb	12 lb	13 lb	14 lb

Recommended process time for Strips, Cubes or Chunks of Meat in a WEIGHTED-GAUGE pressure canner

Style of Pack	Jar Size	Process Time	Canner Gauge pressure (PSI) at Altitudes of	
			0-1,000 ft	Above 1,000 ft
Hot and Raw	Pints	75 min	10 lb	15 lb
	Quarts	90 min	10 lb	15 lb

USING CANNED MEAT

There are many ways to serve canned meat in tasty hot dishes. Most of the recipes given here can be varied to suit your family preferences and to use what you have available. Spices, herbs, chopped onion or green pepper, different vegetables or celery may be used if desired. Rice, potatoes, macaroni, or noodles work equally well. Use what you like best; the amount depends upon how far you need to stretch the recipe.

When milk is called for, you may use mixed non-fat dry milk. Or add the non-fat dry milk as a powder to the flour before mixing

in any water when you are making biscuits, dumplings or bread. Remember to increase the amount of water you add by whatever measure the dry milk called for.

Dried onion, pepper or celery flakes may be used. Dried vegetables are easy to store, and are quite flavorful. About 4 T (60 mL) of flakes soaked in $\frac{1}{3}$ C (80 mL) cold water will make $\frac{1}{2}$ C (120 mL) of the vegetable. Dried potatoes or potato flakes may also be used instead of fresh. If you and your family like a particular flavor, add more.

Use the liquid in which vegetables or meat were cooked or canned instead of water.

RECIPES FOR CANNED MEAT

To be extra safe, **boil home canned meat before eating or using in recipes.** Remove meat from the jar, place in pan, add water, if needed; be certain meat is covered with water, then boil for 10 to 15 minutes.

===== Mom's Day Off =====

$\frac{3}{4}$ lb	macaroni	340 g
1 can	cream soup	1 can
1 C	milk	240 mL
1 pt jar (2 C)	canned meat	480 mL
$\frac{1}{4}$ lb	grated cheese	113 g

Cook macaroni according to package directions. Drain. Mix macaroni with cream soup and milk in a casserole. Stir in cut-up canned meat and grated cheese.

Bake at 350°F (177°C) until bubbly. This takes about 15 minutes. Serves 6.

===== Meat Stew =====

6 C	hot cooked vegetables	1420 mL
$\frac{1}{4}$ C	flour	60 mL
1 C	cold water or milk	240 mL
1 pt jar (2 C)	canned meat	480 mL
	dash salt	
	dash pepper	

Place vegetables and meat in a large pot with enough water, meat juice or vegetable juice to cover. Boil at least 10 minutes. Thicken with flour mixed with cold water or milk. Add leftover gravy if available. Season to taste. Serves 6.

t=teaspoon
T=tablespoon
C=cup
kPa= thousand Pascals per square centimeter

pt=pint
qt=quart
gal=gallon

oz=ounce
lb=pound
F=Fahrenheit

Abbreviations

mg=milligram
g=gram
k=kilogram

mL=milliliter
L=liter
c=Celsius

mm=millimeter
cm=centimeter
m=meter

Macaroni and Beef Bake

½ C	chopped onion	120 mL
½ C	chopped celery	120 mL
2 T	fat	30 mL
1 pt jar (2 C)	canned meat	480 mL
1 pt jar (2 C)	canned tomatoes	480 mL
	dash salt	
	dash pepper	
1 C	cooked macaroni	240 mL

Cook onion and celery in fat. Add meat and tomatoes. Season with salt and pepper. Combine mixture with cooked macaroni in a casserole. Top with grated cheese, or bread crumbs if desired. Bake for 15 minutes at 350°F (177°C). Serves 6.

Quick Stew

1 pt jar (2 C)	canned meat	480 mL
1 pt jar (2 C)	canned potatoes	480 mL
1 pt jar (2 C)	canned carrots	480 mL
1 pt jar (2 C)	canned tomatoes	480 mL
1	chopped onion	1
1 T	fat	15 mL
	salt to taste	
¼ C	flour	60 mL
½ C	water	120 mL

Melt fat in a 4-quart saucepan. Add onion and cook until soft. Add meat, potatoes, carrots and tomatoes. Combine flour in water. After the mixture boils for at least ten minutes, add the flour and water mixture and cook until thickened. Season to taste. Serves 6.

Research on food preservation is an ongoing process. Recommended process times for this publication were taken from the electronic version of the USDA Complete Guide to Home Canning, currently available at http://www.uga.edu/nchfp/publications/usda/utah_can_guide_05.pdf

The United States Department of Agriculture and the Cooperative Extension Service continuously apply new research findings to their recommendations for food preservation techniques. The guidelines in this publication may be revised at any time additional knowledge is gained that may increase the margin of safety or improve the quality of home preserved products.

**PLEASE CONSULT YOUR LOCAL COOPERATIVE EXTENSION SERVICE
ANNUALLY FOR UPDATED INFORMATION.**

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